

# A simple 90-day discipleship plan

By Junior Saint-Val

Meet weekly. Read the full passage, share honestly, pray, and choose one next step. Thirteen weekly meetings span about three months; adapt dates and pacing together. No signup or purchase required.

## Week 1: Following Jesus

Scripture: Luke 5:1-11

Check-in: What is one next step in following Jesus?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

\_\_\_\_\_

## Week 2: Grace and faith

Scripture: Ephesians 2:1-10

Check-in: Where are you trying to earn what God gives?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

\_\_\_\_\_

## Week 3: Listening to Scripture

Scripture: Luke 6:46-49

Check-in: What will you put into practice this week?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

\_\_\_\_\_

## Week 4: Learning to pray

Scripture: Luke 11:1-13

Check-in: What do you want to bring to God honestly?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 5: Repentance and forgiveness

Scripture: Luke 15:11-32

Check-in: Where do you need to turn toward the Father?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 6: Loving your neighbor

Scripture: Luke 10:25-37

Check-in: Who needs practical care from you?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 7: Life together

Scripture: Acts 2:42-47

Check-in: How can you participate in your church community?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 8: Integrity in ordinary life

Scripture: Colossians 3:12-17

Check-in: Where do your words need to change?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 9: Trust amid worry

Scripture: Matthew 6:25-34

Check-in: What worry can we pray about together?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 10: Serving with your gifts

Scripture: 1 Peter 4:8-11

Check-in: Who could you serve with what you have?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 11: Speaking with gentleness

Scripture: 1 Peter 3:13-16

Check-in: How would you explain your hope in Jesus?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 12: Helping someone else grow

Scripture: 2 Timothy 2:1-7

Check-in: Who could you encourage in faith?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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## Week 13: Remembering and continuing

Scripture: Philippians 1:3-11

Check-in: What will you keep practicing after this plan?

Meeting date: \_\_\_\_\_

Next step / prayer: \_\_\_\_\_

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After the final week: What helped you follow Jesus? What needs more time? Decide together whether to continue, adjust the rhythm, or help someone else begin.

Read the complete guide: <https://goodsoildiscipleship.com/discipleship-plan>